

Dr. Robert Wysocki

DeQuervain's Tenosynovitis Release

1 -2 week:

The postoperative dressing is removed 4-5 days after surgery by the patient and the patient can shower but not bathe, and keep the wound covered with dry gauze. Desensitization is initiated as soon as the wound is accessible. Scar massage is emphasized and is initiated as soon as sutures were removed.

Splint: Within the first week, pt's are seen by hand therapy and fitted with a custom-molded forearm-based thumb spica splint for full time use

Motion: Full composite flexion and extension of the digits (excluding the thumb) is begun exercises are initiated 15 min/hr.

3 weeks:

Splint: The splint is discontinued

Motion: Active and passive range of motion and strengthening of ulnar and radial wrist deviation and thumb full composite extension and full composite flexion are instituted and emphasized.

A light dressing and edema control are applied as needed.